

Name: _____

Physical Therapist Aide

Directions:

Evaluate the student by entering the appropriate number to indicate the degree of competency.

Rating Scale (0-6):

- 0 No Exposure** – no experience/knowledge in this area; program/course did not provide instruction in this area
- 1 Unsuccessful Attempt** – unable to meet knowledge or performance criteria and/or required significant assistance
- 2 Partial Demonstration** – met some of the knowledge or performance criteria with or without minor assistance
- 3 Knowledge Demonstrated** – met knowledge criteria without assistance at least once
- 4 Performance Demonstrated** – met performance criteria without assistance at least once
- 5 Repetitive Demonstration** – met performance and/or knowledge criteria without assistance on multiple occasions
- 6 Mastered** – successfully applied knowledge or skills in this area to solve related problems independently

☐ Successfully completed the Health Care Assistant Core Competencies

0	1	2	3	4	5	6	A. Identify the components of physical therapy	Notes:
							1. Identify role of Physical Therapist, Physical Therapist Assistant, and Physical Therapist Aide as per state law and APTA Guidelines.	
							2. Identify common employment sites and settings.	
							3. Identify common diagnoses requiring physical therapy.	
							4. Follow chain of command.	
							5. Identify level of supervision required for Physical Therapist Aide when assisting in patient care.	
							6. Locate and explore the Web Site for the American Physical Therapy Association.	
							7. Discuss educational requirements for Physical Therapists and Physical Therapy Assistants.	
							8. Identify basic physical therapy activities.	
							Other:	

0	1	2	3	4	5	6	B. Demonstrate basic patient care	Notes:
							1. Exhibit sensitivity to patients' pain and loss.	
							2. Maintain patient confidentiality.	
							3. Maintain patient privacy.	
							4. Differentiate between ethical and unethical decisions and legal and illegal actions.	
							5. Respond appropriately to physical therapy patients who have sensory and/or cognitive deficits.	
							6. Manage client lines, tubes, and bags.	
							7. Reposition a displaced nasal cannula or oxygen mask.	
							8. Assist patient with toileting including bedpan and urinal.	
							9. Assist patient to dress and undress.	
							Other:	

0	1	2	3	4	5	6	C. Identify and perform basic patient transfers and independent transfer supervision	Notes:
							1. Identify proper body mechanics.	
							2. Practice correct methods for independent and assisted patient transfers.	
							3. Perform stand and pivot transfers--patient assisted and unassisted.	
							4. Perform sliding board transfer.	
							5. Perform sliding transfer from stretcher to treatment table.	
							6. Perform three-person carry transfer.	
							7. Perform two-person sitting transfer.	
							8. Perform mechanical lift transfer.	
							9. Demonstrate appropriate application and use of gait/transfer belt.	
							10. Set up and remove wheelchair armrests, legrests, and footrests.	
							11. Propel wheelchair on level surfaces, ramps and over curbs.	
							Other:	

0	1	2	3	4	5	6	D. Demonstrate assisting with physical therapy treatment	Notes:
							1. Move/assist patients to the head of the mat [one- and two-person].	
							2. Move patient to one side of mat.	
							3. Place patient in supine position for treatment.	
							4. Place patient in side-lying position for treatment.	
							5. Place patient in prone position for treatment.	
							6. Drape upper extremity for treatment--sitting position.	
							7. Drape upper extremity for treatment—supine position.	
							8. Drape lower extremity for treatment.	
							9. Drape for back and neck treatment.	
							10. Explain the importance of draping for warmth and modesty.	
							11. Assist with hot pack treatment.	
							12. Assist with ultrasound treatments.	
							13. Assist with paraffin bath.	
							14. Assist with diathermy.	
							15. Assist with Fluidotherapy™.	

								16. Assist with ice pack treatments.	
								17. Assist with ice massage.	
								18. Assist with hydrotherapy.	
								19. Assist with electrotherapy.	
								20. Assist with cervical traction.	
								21. Assist with lumbar traction.	
								22. Set up and take down equipment used in exercise.	
								23. Identify reasons for using the following modalities: thermal agents, ultrasound, electromagnetic agents, cryotherapy agents, hydrotherapy agents, electrical modalities, and traction.	
								Other:	

0	1	2	3	4	5	6	E. Conduct ROM exercise and ambulation	Notes:
							1. Complete upper extremity ROM exercises.	
							2. Complete lower extremity ROM exercises.	
							3. Ambulate patient using walker.	
							4. Ambulate patient using crutches.	
							5. Ambulate patient up and down stairs with crutches.	
							6. Ambulate patient with cane.	
							7. Ambulate patient using gait belt.	
							Other:	

0	1	2	3	4	5	6	F. Maintain treatment areas	Notes:
							1. Check linens and supplies and restock as needed. (F001)	
							2. Follow precautions when using chemicals. (F002)	
							3. Prepare treatment booth. (F003)	
							4. Return equipment to storage area. (F004)	
							5. Perform routine cleaning and maintenance of equipment. (F005)	
							6. Clean whirlpool or full body tank. (F006)	
							Other:	

0	1	2	3	4	5	6	G. Demonstrate professional interpersonal and communication skills	Notes:
							1. Identify effective telephone techniques. (G001)	

							2. Fill out message slip. (G002)	
							3. Greet patients and visitors. (G003)	
							4. Communicate with the health team members. (G004)	
							Other:	